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TALBEENAH

Taaleef:

MUHAMMAD WASIM ATTARI

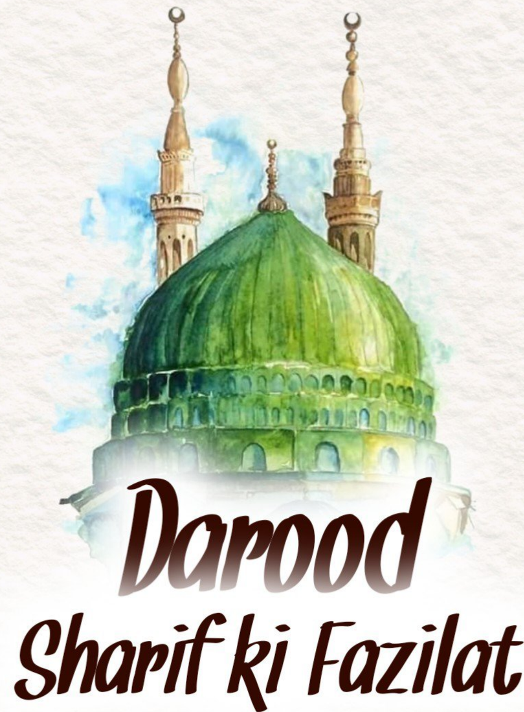
PAISHKASH:

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى خَاتَمِ النَّبِيّٖن ط
اَمَّا بَعْدُ فَاَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْم ط بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْم ط



Darood Sharif ki Fazilat

Hazrat Sayyiduna Ibn Masoud رَضِیَ اللّٰہُ عَنْہُ se marwi hai ke hum be-kason ke madadgar, shafı-e-roz-e-shumar ﷺ ka farman hai: Beshak qayamat ke din mere sabse ziyada qareeb woh shakhs hoga jisne duniya mein mujh par ziyada Darood padha hoga.

(Al-Ihsan bi-Tartibi Sahih Ibn Habban. Jild 2, Safa 133, Hadith: 908)

صَلَّى اللّٰهُ عَلٰى مُحَمَّد ﷺ

Rasool Allah ﷺ Ki Ghizayen :

Mustafa Jaane Rahmat, Shama-e-Bazm-e-Hidayat, Noshaa-e-Bazm-e-Jannat,Tajdar-e-Khatm-e-Nubuwat ﷺ ne apni hayat-e-tayyiba mein jin ghizaon ko sharaf-e-ta'am bakhsha,unki fazilat aur afadiyat se koi Musalman inkar nahin kar sakta. Aap ﷺ ki istemal karda ghizaen jahan lazzat se bharpoor hain wahin unke tibbi fawaid bhi be-shumar hain. Ghizai mahireen (Food Experts) in ghizaon ki jo khoobiyan aur fawaid aaj bayan kar rahe hain, woh Rasool-e-Ghaibdan ﷺ aaj se chaudah sau saal pehle hi bayan farma chuke hain.

Talbeena ke Fawaid aur Banane ka Tareeqa

Talbeena kya hai ?

Talbeena jo (Barley), doodh, aur khajoor se tayyar hone wali kheer jaisi ghiza hai jo be-shumar khusoosiyat ki hamil hai. Isko Huzoore Akram ﷺ pasand farmate aur bilkhusoos mareez ko bator-e-ilaaj uske khane ki takeed farmate the.

Fawaid ☆Talbeena Dil ko sukoon bakhshta aur ghamon ko mitata hai. Farman-e-Mustafa ﷺ hai: Talbeena mareez ke dil ko tasalli bakhshta aur ghamon ko door karta hai.

(Bukhari, Jild 3, Safa 532, Hadith: 5417)

Talbeena beemar ki kamzori ka ilaaj hai. Chunanche ahl-e-khana mein se jab koi beemar hota toh Aap ﷺ hukm irshad farmate ke uske liye Talbeena tayyar. kiya jaye. Phir farmate ke Talbeena beemar ke dil se gham ko utaar deta hai aur uski kamzori ko yoon door kar deta hai jaise tum mein se koi apne chehre ko paani se dho kar gandagi ko door kar deta hai.

(Ibn Majah, Jild 4, Safa 92, Hadith: 3445)

Talbeena amraz-e-dil, zehni amraz, maede wa jigar ke amraz, kamar dard, hafiza ki kamzori, aur wazan ki kami ke ilawa digar kai amraz mein faydemand hai. Neez har umar ke sehatmand afraad ke liye bhi mufid hai.

Aur yeh bhi ek haqeeqat hai ke jo (Barley) mein doodh se ziyada calcium aur palak se ziyada faulad paya jata hai. Is wajah se bhi Talbeena ki ahmiyat badh jati hai.

Talbeena Dil Ko Tasalli Bakhshta Aur Ranj Door Karta Hai:

Riwayat hai Janab Aisha رَضِیَ اللّٰہُ عَنْھَا se, woh farmati hain, maine Rasool allah ﷺ ko farmate suna ki lupta (talbeena) beemar ke dil ko tasalli bakhshta hai [1] aur yeh baaz ranj ko door karta hai.[2]

(Kitab: Mirat-ul-Manajih Sharh Mishkat-ul-Masabih, Jild: 6, Hadith Number: 4179)

Sharh-e-Hadith :

[1] Talbeena Bana Hai Laban Bama'ani Doodh Se, Arab Mein Aata Ya Bhoosi Ko Patla Patla Pakate Hain Us Mein Kuch Doodh Kuch Shehad Dalte Hain Usay Urdu Mein Lupta Aur Punjab Mein Seera Kehte Hain. Yeh Choonkay Doodh Ki Tarah Sufaid Aur Patla Hota Hai Is Liye Talbeena Kaha Jata Hai,Yeh Bohat Halki Ghiza Hai Zood Hazam Hai, Aksar Beemaron Ko Diya Jata Hai, Yeh Pait Mein Bojh Nahin Karta Dil Ko Quwwat Bakhshta Hai. Mirqat Waghairah Ne Farmaya Ke Is Se Dil Ki Ghabrahat Bhi Dur Ho Jati Hai Bohat Aala Cheez Hai. Allah Ta'ala Ne Huzoor ﷺ Ko Hikmat Bhi Bakhshi Hai. Majma Bana Hai Jumaam Se Bama'ani Rahat.[2] Baaz Ranj Se Murad Woh Ranj Hai Jo Beemari Ki Kamzori Ki Wajah Se Ho. Jo Ranj Bairuni Fikr Ki Wajah Se Ho Us Ke Liye Bhi Usay Mufeed Farmaya Gaya Magar Beemari Ke Ranj Ke Liye Bohat Mufeed Hai.

Talbeena Banane Ka Tareeqa:

Banane Ka Tareeqa Doodh (Milk) Ko Ek Dafa Ubal Kar Is Mein Jo (Barley) Ya Us Ka Aata Shamil Kar Lein Aur Chammach Chalate Rahein Jab Jo Doodh Mein Mil Jaye To Mithaas Ke Liye Shehad Ya Khajoor Masal Kar Dal Dejiye, Kheer Ki Tarah Ban Jaye Gi Thanda Kar Ke Khaiye Aur Kaseer Fawaid Hasil Kijiye.

Note: Tamam Dawain Apne Tabeeb (Doctor) Ke Mashware Se Hi Istemal Kijiye.

Rasool Allah ﷺ ki pasandeeda cheez

Riwayat hai Hazrat Aisha رَضِیَ اللّٰہُ عَنْہَا se farmati hain ke Rasool Allah ﷺ meethi cheez aur shehad pasand farmate the.

Sharh-e-Hadith :

Umuman buzargan-e-deen meethi cheez se mohabbat karte rahe isliye umuman fatiha wa niyaz meethi cheez par hoti hai, iski asal yehi hadees hai. Ek hadees mein hai ke momin meetha hota hai, meethai pasand karta hai. Halway mein har meethi cheez dakhil hai hatta ke sharbat aur meethe phal aur aam mithaiyan aur urfi halwa (Mirqat) murawwaja halwa sab se pehle Hazrat Usman Ghani ne banaya, Huzoor Anwar ki khidmat mein pesh kiya jis mein aata, ghee aur shehad tha. Huzoor Anwar ne bahut pasand kiya aur farmaya ke Farsi log ise 'Wakhees' kehte hain. (Mirqat)

(Kitab: Mirat-ul-Manajih Sharh Mishkat-ul-Masabih, Jild 6, Hadees Number: 4182)